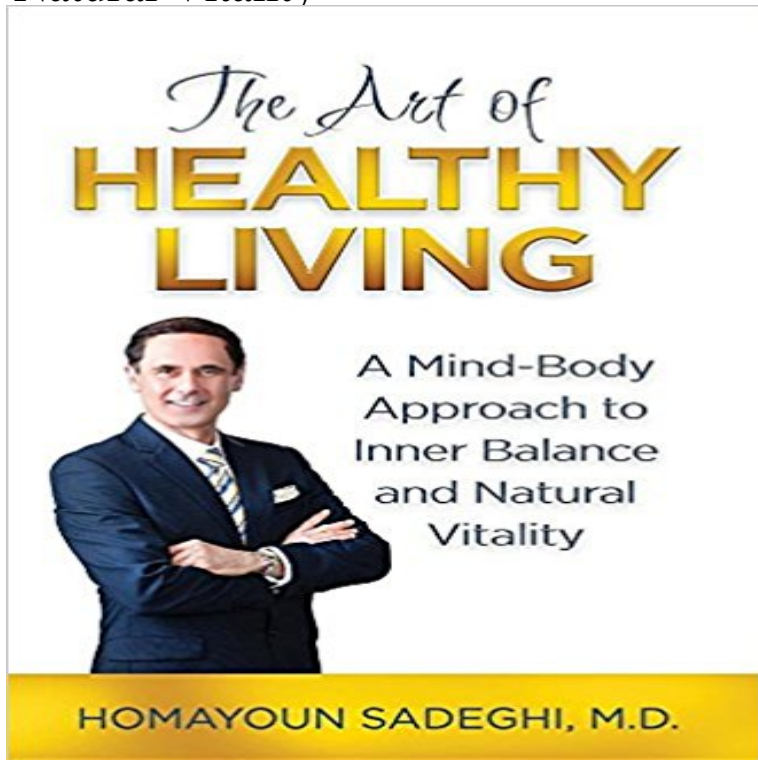


# The Art of Healthy Living: A Mind-Body Approach to Inner Balance and Natural Vitality



In *The Art of Healthy Living*, author Homayoun Sadeghi, MD, draws from his personal experience and practice as a physician to highlight the delicate, interconnected nature of the mind and the body. He describes how the mind plays an intimate role in balancing and maintaining the body, and that understanding this relationship is essential to achieving a strong, fit, and healthy body. People of all ages and walks of life have drawn inspiration and insight from Dr. Sadeghi's knowledge and unique perspective about health, happiness, and inner vitality. In this thought-provoking book, he cracks open a world of wisdom that lays the foundation for a healthy and vibrant life. In chapters like *The Virtual Nature of the Universe*, *The Riddle of Disease and Illness*, and *The Age Old Secrets of Healthy Living*, this compelling book inspires a culture of health and vitality based on reliance on instinct, intuition and inner guidance. This book encourages the reader to look inward to rediscover and reestablish the wisdom that lies within. Dr. Sadeghi explains how health takes effort, and that this effort starts from the inside out. He describes how a consistent source of harmony, energy, and vitality must by necessity take root from the inside out.

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